805 FLAT to INCLINE BENCH ASSEMBLY INSTRUCTIONS

8. Pull back the SPRING PIN on the **SWIVEL**, and insert the **ADJUSTMENT SLIDE**, down to the first adjustment hole. Release the SPRING PIN into the hole.

9. **SECURE LY** assemble the **SLIDE MOUNT** to the top of the **BACK PAD** as shown on drawing using three (3) 3/8 X 1-1/4 IN. BOLTS, three (3) 3/8 IN. LOCK WASHERS, and three (3) 3/8 IN. WASHERS. **(BEFORE THIGHTENING, ADJUST THE BACK PAD UP AND DOWN TO CENTER THE ADJUSTMENT SLIDE)**

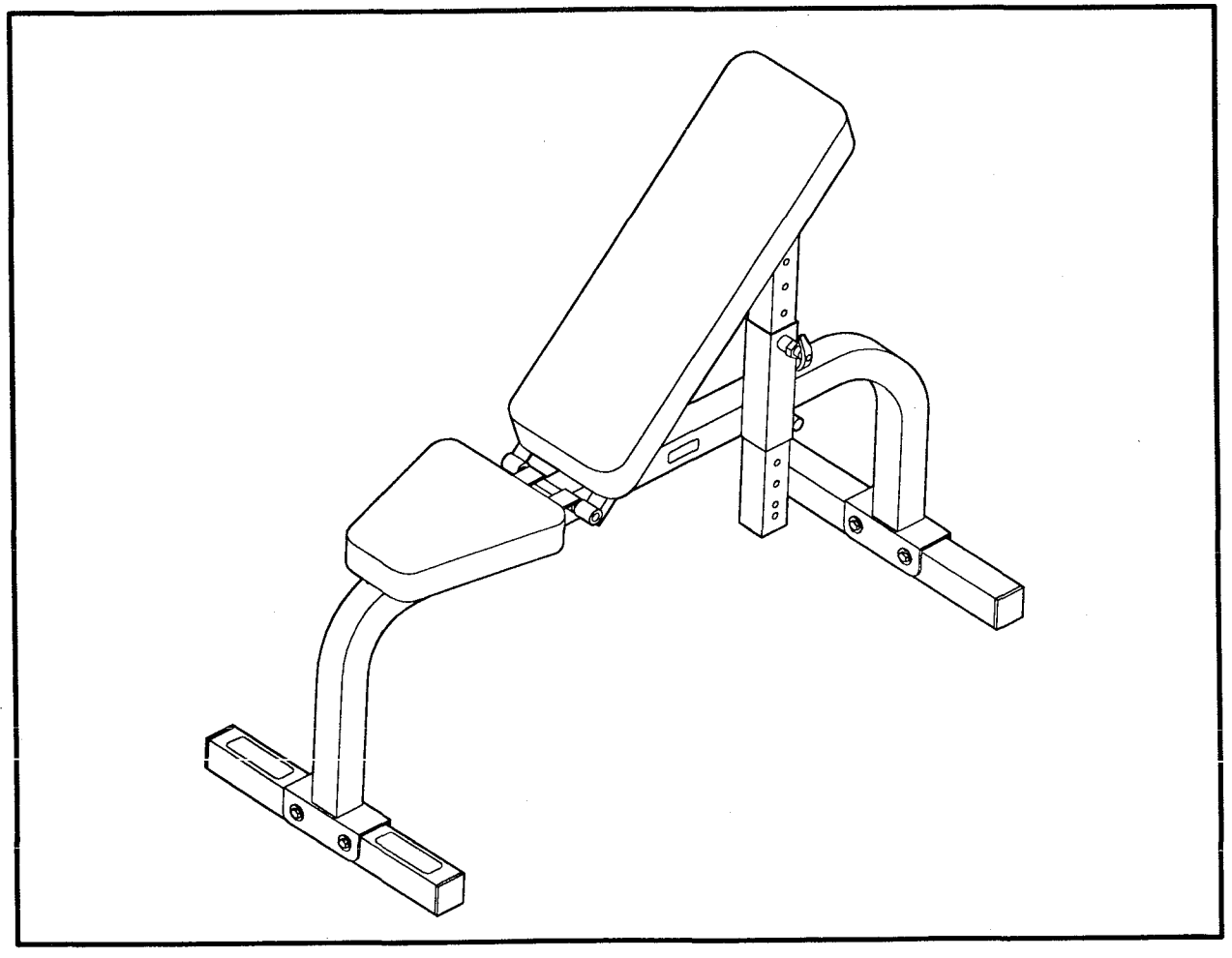
10. **SECURE** the **ADJUSTMENT SLIDE** in place by turning the ' T' handle of the SPRING PIN ASSEMBLY clockwise.

11. To adjust the **SEAT PAD**, pull out on the **U-PIN**. Rotate the **U-PIN** back pass the **PIN STOP**. Release the **U-PIN**, and allow it to rest up against the **PIN STOP**.

PARABODY

Strength Building Gear

805
FLAT to INCLINE BENCH



PRODUCT ASSEMBLY INSTRUCTIONS SHEETS

SORT AND COUNT ALL PARTS BEFORE BEGINNING ASSEMBLY

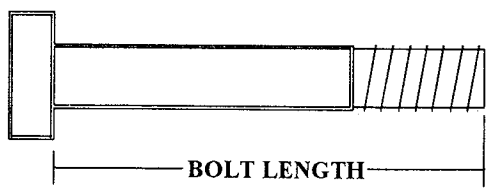
HARDWARE:

ITEM	NAME/DESCRIPTION	QTY
1.	3/8 X 3 IN. BOLT	4
2.	3/8 X 1-1/4 IN. BOLT	9
3.	3/4 IN. WASHER	1
4.	3/8 IN. WASHER	17
5.	3/8 IN. LOCK WASHER	9
6.	3/8 IN. LOCK NUT	4
8.	STAR LOCK COLLAR	2
9.	SPRING PIN ASSEMBLY	1
10.	PAL NUT	1

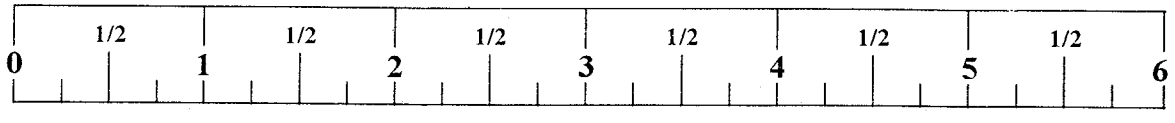
WELDMENTS/PARTS:

ITEM	NAME/DESCRIPTION		QTY
1.	BENCH FRAME WLDMT	(6427501)	1
	3/4 IN. FLANGE BEARING		2
2.	SWIVEL WLDMT	(6415201)	1
3.	ADJUSTMENT SLIDE WLDMT	(6415001)	1
	1-3/4 IN. SQ. END CAP		2
4.	SLIDE MOUNT WLDMT	(6414701)	1
	2 IN. SQ. END CAP		1
	3/4 IN. FLANGE BEARING		2
5.	BASE TUBE	(6236501)	2
	2 IN. SQ. END CAP		4
6.	HINGE TAB	(6406401)	2
7.	U-PIN	(6406501)	1
8.	SEAT PAD	(6452501)	1
9.	BACK PAD	(6456701)	1
10.	ANGLE WLDMNT, LEFT	(6493301)	1
11.	ANGLE WLDMNT, RIGHT	(6493401)	1

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



THANK YOU

FOR PURCHASING THE *805 FLAT to INCLINE BENCH*, PLEASE SAVE THESE ASSEMBLY INSTRUCTIONS FOR YOUR PERSONAL REFERENCE, AND ADDITIONAL SERVICE INFORMATION.

IMPORTANT

- **THE *805 FLAT to INCLINE BENCH* MUST BE ASSEMBLED ON A FLAT, LEVEL SURFACE TO ASSURE ITS PROPER FUNCTION.**
- **IF YOU EXPERIENCE ANY PROBLEM WITH THE ASSEMBLY OF THIS PRODUCT, PLEASE CONTACT YOUR DEALER OR YOUR PARABODY CUSTOMER SERVICE REPRESENTATIVE AT: 1-800-328-9714**
- **TOOLS REQUIRED: RATCHET, 9/16 SOCKET or WRENCH, ADJUSTABLE WRENCH, and RUBBER MALLET or HAMMER**

1. Insert one (1) **U-PIN** through the **BUSHING** on the **BENCH FRAME**, as shown on drawing. Attach one (1) PAL NUT to the end of the **U-PIN.**

2. **SECURELY** assemble the **BASE TUBES** to the **BENCH FRAME** as shown on drawing, using four (4) 3/8 X 3 IN. BOLTS, eight (8) 3/8 IN. WASHERS, and four (4) 3/8 IN. LOCK NUTS.

3. To assemble the **SEAT PAD** to the **BENCH FRAME**, start by sliding two (2) **HINGE TABS** over the **PIN** on the **BENCH FRAME (ONE ON EACH SIDE)** as shown on drawing, and **SECURELY** assemble each **HINGE TAB** to the **SEAT PAD** using two (2) 3/8 X 1-1/4 IN. BOLTS, two (2) 3/8 IN. LOCK WASHERS, and two (2) 3/8 IN. WASHERS. **(MAKE SURE THE BACK PAD IS CENTERED ON THE BENCH FRAME BEFORE TIGHTENING)**

4. To assemble the **BACK PAD** to the **BENCH FRAME**, slide the **LEFT & RIGHT ANGLE WLDMNTS** over the **PIN** on the **BENCH FRAME (ONE ON EACH SIDE)** as shown on drawing, and **SECURELY** assemble to the **BACK PAD** using four (4) 3/8 X 1-1/4 IN. BOLTS, four (4) 3/8 IN. LOCK WASHERS, and four (4) 3/8 IN. WASHERS. **(MAKE SURE THE BACK PAD IS CENTERED ON THE BENCH FRAME BEFORE TIGHTENING)**

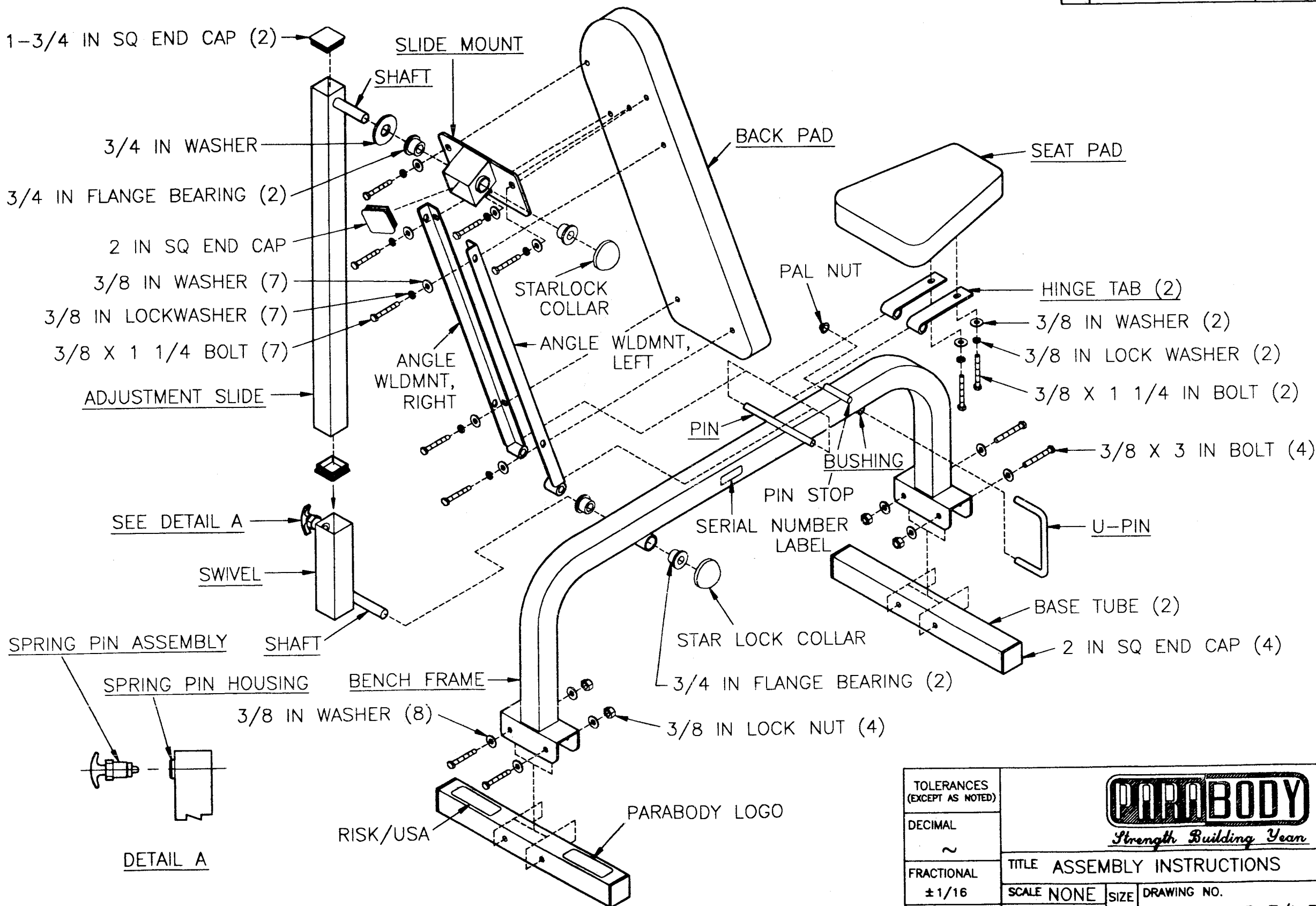
5. Assemble one (1) SPRING PIN ASSEMBLY to the **SPRING PIN HOUSING** on the **SWIVEL**, as shown in **(DETAIL A). (!!! IMPORTANT !!! TIGHTEN THE NUT OF THE SPRING PIN ASSEMBLY SECURELY)**

6. Insert the **SHAFT** of the **SWIVEL** through the 3/4 IN. FLANGE BEARING on the **BENCH FRAME** as shown on drawing, and SECURE in place with one (1) STAR LOCK COLLAR.

7. Slide one (1) 3/4 IN. WASHER over the **POST** of the **ADJUSTMENT SLIDE**. Insert the **POST** of the **ADJUSTMENT SLIDE** through the 3/4 IN. FLANGE BEARINGS on the **SLIDE MOUNT** as shown on drawing, and **SECURE** in place with one (1) STAR LOCK COLLAR.

DASH NO	DESCRIPTION
01	AS SHOWN

REVISIONS				
REV	DESCRIPTION	CHG NO	APP'D	DATE
A	NEW RELEASE			



TOLERANCES (EXCEPT AS NOTED)	PARABODY Strength Building Years			
DECIMAL ~	TITLE ASSEMBLY INSTRUCTIONS			
FRACTIONAL ±1/16	SCALE NONE	SIZE B	DRAWING NO. 805 F/I BENCH	
ANGULAR ±1°	SHEET 1 OF 1			
	DR Kelly	CHK'D	APP'D	